

ENTERING
CHEYENNE — ARAPAHO
NATION

Cheyenne & Arapaho

T R I B A L T R I B U N E



Volume 6, Issue 8

www.c-a-tribes.org/tribal-news

Jan. 15, 2011

Life's Journeys

The secret of life, laughter

By Rosemary Stephens, Editor-in-Chief

She bounces in the room with a twinkle in her eyes and a hint of laughter playing on her lips.

Ella Akeen, an 80-year-old Cheyenne and Arapaho tribal member has found the secret to life. Laughter.

Akeen was born Dec. 15, 1930 between Seiling and Canton, Okla. to Minerva Lefthand and Elmer White Eagle.

"I was born in a tent and they said there was a deep snow when I was born," Akeen said. "It was at my grandparents' residence."

She said her father, Elmer, was a medicine man and she can remember people would always come to their home when they were sick or needed help.

"My dad was a medicine man and the people would come to our house where he would sing songs and then he would doctor them," Akeen said.

Akeen, along with her two siblings lived in a house along the North Canadian River. She said there was a little country store that they lived one mile north of.

"My mom and dad had a wagon and team and we would go out and pick grapes and plums then go across the river to trade with the white people," Akeen said. "They would use our grapes and plums to make jellies and we would trade with them for canned goods and sometimes home made butter and chickens."

She said the grapes and plums grew everywhere when she was growing up and she remembered her dad's garden.

"My dad had a huge garden where we grew all our food," Akeen said. "Back then we didn't have stores to go get our food and we would just eat what we grew in our garden. My mother raised chickens and they would lay eggs everywhere in the yard and we kids would go out and collect the eggs. Sometimes we would kill a chicken and we would have to put it in scalding water, you know, to get the feathers off."

Akeen said one of her fondest memories was of her best friend, a horse named Brownie. She said she would always ride Brownie following her parents in their wagon wherever they went.



"When I was a baby someone had made me a full beaded pair of moccasins and when I outgrew them we took them to this little girl over in Longdale and gave them to her. When we did, her grandpa took my dad out to the corral and told him to pick out whatever horse he wanted. He picked out Brownie and that's the horse I would ride all the time," Akeen said. "Brownie was so gentle and later on we gave him to my brother to ride because he lived with my grandparents and it was several miles from our house, so he would ride Brownie whenever he came home to visit."

Akeen attended school in Seiling and Longdale but said she mostly attended a small country school, Pumpkin Ridge, until her sixth grade year.

"We had whites and Indians, mostly Indians in that one room school and our teacher, she used to cook for us while we were at school and we would take our cups and dishes out to this pump and pump water to wash our utensils," Akeen said. "We had to walk to school back then come rain or shine."

She said she never really attended powwows until six or seven years ago but when she was growing up she would dance with her grandmother who was a member of the Fonda War Mothers.

"We would dance for my cousin Jacob White Eagle, who was in the Army stationed in Germany," Akeen said.

Akeen said when she was 17 years old she met George Clay

See *The secret of life*, page 12

Tribal council passes six resolutions

By Rosemary Stephens
Editor-in-Chief

On Saturday, Jan. 8, 2011 the Cheyenne and Arapaho tribes' held a special Tribal Council meeting at the Community Center in Concho, Okla. passing six resolutions.

After establishing a 75-member quorum, Tribal Council Coordinator, Lisa Martin, opened the floor for chairman nominations.

Yvonne Wilson nominated Ida Hoffman and Janice Boswell seconded. Melissa Pedro was also nominated, but declined nomination. Hoffman was elected chairman by acclamation.

Next nominations for secretary were accepted with Diane Willis being named secretary, also by acclamation.

Resolution number one, Repeal bill No. 3L-2010-RS-09-03 Tribal Gaming Ordinance of 2010 passed with a vote of 138 for, two against and one abstaining.

The resolution read, in part, "contains unclear references to Tribal law and is unconstitutional in allowing the Legislature to exercise Executive Branch powers in violation of the separation of powers clause, which is a cornerstone of the tribal constitution; the Legislature lacks such power because it is charged with enacting the law, not implementing the law."

"We recommended to the Executive Branch to ask legislators to rewrite the ordinance to be clearer so it will be accepted

See *Tribal council*, page 4

High Eagle to perform free concert at Southwestern Oklahoma State University

Submitted article



Courtesy Photo
J.C. High Eagle

The Cheyenne and Arapaho Tribal College and the Honoring Our People's Existence Native American Student Organization is hosting a free performance of JC High Eagle, Wednesday, Jan. 19, 2011 at 7 p.m. at Southwestern Oklahoma State University (SWOSU) Conference Center in Weatherford Okla. The conference center is on the corner of Seventh Street and Davis Street. A reception honoring the High Eagle will begin at 6:30 pm prior to the performance. Dr. Henrietta Mann, Cheyenne and Arapaho Tribal College president extends a personal invitation to the community to attend the performance of High Eagle.

High Eagle, an Oklahoma native, is a full member in the American Society of Composers, Authors and Publishers. He knows how to deal with certain universal rhythms so his music may bring forth much activity where he goes. High Eagle is a professional solo guitarist and singer and equally proficient on the American Indian flute, Indian drum and keyboard synthesizer. Others have described his music as simple elegance.

Historically, music has been known as a form of communication for Native American Indians. The beat of the drum was perhaps the most familiar. Traditionally it was the same with the flute. The native flute has a haunting, soulful sound that penetrates and permeates the world around it, letting its presence be known.

A committed musician, High Eagle's music has helped to bring back the Native American

flute from virtual extinction. The soulful sound of his flute music is a blending of traditional and contemporary melodies that permeate the soul and promote relaxation, a quality to be treasured in today's stressful world. The modern day significance of native Indian flute music has value in relieving stress in one's quest for inner calm.

The flute's recent revival is beginning to have the flavor of a more contemporary new sound today, mixed with the seasoning of times gone-by. High Eagle has found his music taking him around the country and the world introducing it to a wide variety of groups, museums, colleges, national parks, festivals, special events, scouting programs, and symphony audiences. High Eagle has performed 20 shows as a soloist with the Milwaukee Symphony and Wisconsin Orchestra, ranked in the top 20 orchestras in the United States. He has also had 19 performances as a soloist with the National Symphony Orchestra at the prestigious John F. Kennedy Center for the Performing Arts in Washington, D.C. High Eagle's resume also includes many performances on Broadway and television soundtrack music.

In 1970, High Eagle received the nation's highest civilian honor, the Presidential Medal of Freedom from former President, Richard Nixon. The Presidential Medal of Freedom recognizes an individual for exceptional meritorious service. Former President Truman established the medal in 1945 to recognize notable service in the war. In 1963 former President Kennedy reintroduced it as an honor for distinguished civilian service in peacetime. More recently, on Feb. 7, 2007, the governor and state legislature of Tennessee presented him with a state proclamation honoring his meritorious achievements as a musician and entertainer, as well as his lifetime contributions to humanity.

For more information contact the Cheyenne and Arapaho Tribal College at (580) 774-3742.

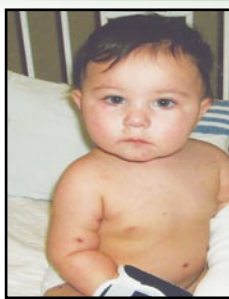
Look Inside...



A message from the Governor
pg. 2



Hard decisions ...
pg. 2



Story of survival ...
pg. 3



Native owned solar company
pg. 4

Member Oklahoma Press
Association
Member Native American
Journalist Association
"2010 Native American Journalist
Association Award Winner"
NAJA
Native American Journalist Association

A message from the Governor



Cheyenne and Arapaho Tribes' Gov. Janice Prairie Chief-Boswell

A number of developments over the past few months will bolster opportunity and quality of life for tribal members as we look ahead to 2011 and beyond.

Most recently, I had the honor of representing the Cheyenne & Arapaho Tribes in Washington, D.C., on Dec. 16 at the second White House Tribal Nations Conference. Along with more than 560 leaders of other tribes across the country, I heard President Obama address vital issues and visit with key officials from the Department of the Interior regarding tribal sovereignty and other issues of paramount importance to our people. At the conference, I was able to hand deliver a letter to the Assistant Secretary for Indian Affairs, Larry Echo Hawk, asking the United States government to help our Tribes get Fort Reno returned to us.

Communication is vital in every aspect

of our lives, and it is certainly critical to ensure the cultural vibrancy of our people. That, in large part, is why I am so excited that the Cheyenne & Arapaho Tribes are proceeding with efforts to establish what will be the first tribal educational television station in Oklahoma.

Thanks to a grant administered by the U.S. Department of Commerce, the TV station will help provide education and training, preserve the history of our people and strengthen job creation.

But the ramifications of a tribal TV station, which is expected to be operational by late 2011 or early 2012, go further. In a modern-day environment dominated by mass media, it is essential that tribal members move with the times. And that means having the tools of mass media at their disposal.

We are also working to keep tribal members on the move – literally. Thanks to federal stimulus dollars, tribal members and non-tribal citizens of Western Oklahoma will now benefit from the Cheyenne & Arapaho Tribal Transit. Better known as CATT, this system of four buses is helping our elders and others get where they need to go for a small fee.

There are four dedicated routes: the Red Route (Geary, Coleman, Clinton and El Reno), Yellow Route (El Reno, Concho and Oklahoma City), Green Route (Watonga, Canton and Seiling) and Blue Route (Weatherford, Clinton, Hammon and Elk City). For more information on CATT, call (405) 262-0345, ext. 27468.

On the heels of celebrating the special season of peace and joy, I offer you my sincerest hope for a wonderful and prosperous 2011. God bless us all.

CALUMET GROCERY
"Serving You With Pride"



Sailor Boy Pilot Crackers
\$6.99



Copes Dried Sweet Corn
\$2.75

Blue Bird Flour
5 lb. bag-\$2.89
10 lb. bag-\$5.69
20 lb. bag-\$9.49

Mon.-Sat. 7 a.m.-7p.m.
101 E. Main Street• Calumet, Oklahoma
(405) 893-2622



OKLAHOMA
NATIVE
Art & Jewelry
10% Discount
1316 S. Agnew
(Across from Cattlemen's Steakhouse)
Oklahoma City Stockyards
Oklahoma City, OK
okntvart@yahoo.com
OKC's premiere Native American unique arts store.
White Antelope - (405) 604-9800

Hard decisions bring postive changes



Photo by Rebecka Lyman
George Pewo Swift Sandy

George Pewo Swift Sandy, Cheyenne, Wichita, Kiowa and Comanche, age 14, is making his own destiny by not becoming another statistic.

Sandy has two siblings an older sister Kayleen Pewo Sandy and a younger brother Torin Pewo Sandy.

George spoke about the first night he and his brother experienced in their adoptive mother, Elaine Sandy's home. He said their foster mother found him and his brother crying in their room where they were to sleep.

"What are you crying for?" Elaine asked, with the

assumption the boys were upset about being separated from their parents.

The young boys replied, "Sissy."

Elaine asked them "You have a sister, where's she at?"

The young boys told Elaine that she was still at the shelter. The very next day Elaine made the proper phone calls and before the day ended the boys' sister was sleeping that night under the same roof with her brothers.

Life at home with their biological parents was a struggle from day to day due to their mother and father not being able to get along. The drug, alcohol usage and abuse took a toll on young George's life.

When he was nine years old he made a choice and took it upon himself to make life better for himself and his siblings.

"One day I went to school and talked to the counselor, Mr. Wilson, and told him about everything," George said.

Mr. Wilson called the Department of Human Services (DHS) and the children were questioned about their home life by a caseworker.

"Dec 6, on a Tuesday at 6:15 I was at my friend's house and my sister called and told me to come home," George said.

The DHS caseworker was waiting for his arrival at their home. Once George arrived he, along with his brother and sister, were loaded into a car and driven to the Comanche Tribal Youth Shelter. The two boys spent one night and a day in the shelter and their sister two nights until Elaine Sandy brought them home.

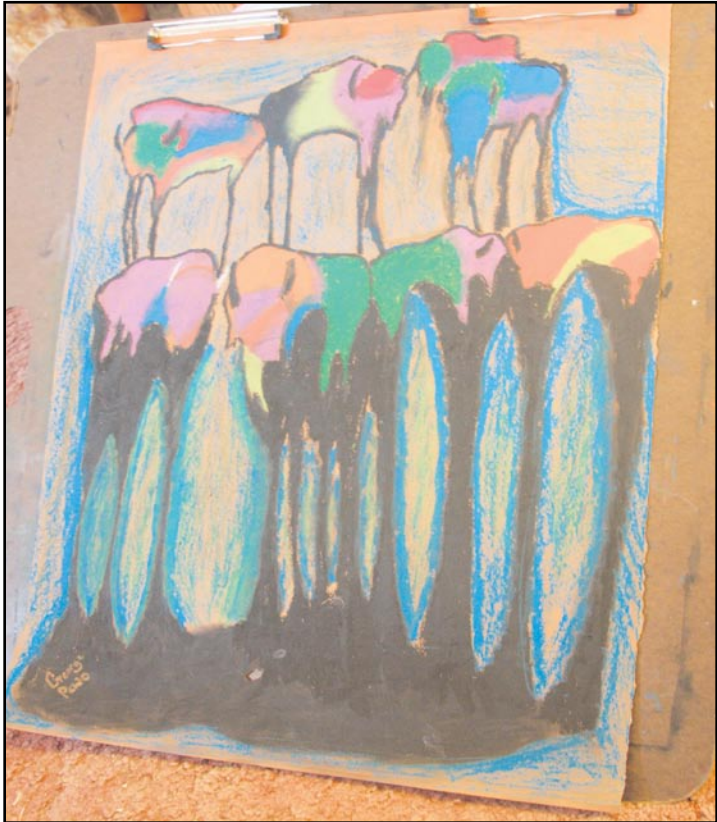
Five years have passed since that night. Elaine as of March 2010 adopted the Pewo Sandy children.

George is deeply involved in the Comanche Tribal Youth Program. Due to his involvement and stand

against drug and alcohol abuse, he has marched in the Red Earth parade, visited the Justice Department in Washington D.C. and spoke to a panel in Santa Fe, N.M. about the negative affects alcohol and drug usage has on Native Americans and their families.

"He and one other girl were chosen to go to Washington D.C.," Elaine said.

Not only does George remain firm with his belief against using drugs and consuming alcohol he also finds enjoyment in drawing, hanging out with his friends and being with his family.



Painting by George Sandy

Story of survival, misdiagnosis of illness

By Rebecca Lyman Reporter/Ad Sales

Erica Cook, mother of two-year-old Trey Barnes, is thankful for every breath that her son takes.

At seven months old Barnes, Cheyenne and Arapaho tribal member, grandson of Lori Rice Penner and great-grandchild of Carol Rice of Thomas Okla., was diagnosed with bacterial meningitis called meningococcemia. Before his illness was correctly identified the infant boy’s mother was told he just had a cold at Baptist Medical Center in Oklahoma City.

“They even did blood work on him as well,” Cook said. “His fever was 104 degrees.”

The doctor at Baptist Medical Center told Cook that the blood results came back negative for meningitis and she was told to give him Tylenol for the fever and discomfort.

Her infant son attempted to rest in his mother’s arms but he could not find comfort due to the heat radiating from his body. His mother could not find comfort with the words the doctor had spoken to her. She took her son home with his health weighing heavy on her mind and heart. She kept a close watch on him throughout the night.

“She calls me at 4 a.m. in the morning in a panic because he is lethargic,” Penner said.

Baby Barnes was found by his mother covered with a rash from head to toe.

“The rash on him was so bad, I didn’t know what chicken pox looked like but that is what I thought they were, but they weren’t bumps, they were just purplish color circles all over his body,” Cook said.

During the phone conversation between Cook and Penner, Penner had told her daughter to bring little Barnes to Chickasaw, Okla., since his primary physician was at the Lawton Indian Health Care facility. Cook listened to her mother’s suggestion and drove her son to Lawton, Okla. to be seen by Dr. Perry, his primary care giver.

“At 10:25 a.m. he was on a medi-flight to Children’s Hospital in Oklahoma City,” Cook said.

The doctors at Children’s Hospital told Cook if his doctor had not infused him with antibiotics and medi-flighted him as soon as he did he would not have lived.

“The bacteria was eating his arteries, the purplish circles was the bacteria that had gotten into his blood ... he had meningitis” Cook said, “My son spent two weeks in Children’s Hospital.”

Meningococcal disease describes infections caused by the bacterium Neisseria meningitis also termed as meningococcus. It carries a high mortality rate if untreated. While best known as a case of meningitis, widespread blood infection is more damaging and dangerous. Meningitis and Meningococcemia are major causes of illness, death and disabilities in children worldwide.

There are approximately 2,600 cases of bacterial meningitis per year in the United States. Fatalities of death are ten to 20 percent.

While meningitis disease is not as contagious as the common cold, it can be transmitted through saliva and occasionally through close, prolonged contact with an infected person. Some symptoms may include anxiety, fever, headache, irritability, muscle pain, nausea and rash with red or purple spots.

Barnes is a thriving little boy today who will be celebrating his third birthday in March 2011. Cook and Penner would like to thank



Courtesy photo

Trey Barnes, seven months old, spent two weeks in Children’s Hopsital in Oklahoma City, Okla. after being misdiagnosed as having a bad cold.



Photo by Rebecca Lyman

Trey Barnes, now two years old shows his scars and tells people “I was really sick”.

Dr. Perry and the Indian Health Clinic in Lawton, Okla. for all their efforts.

“He (Trey) is more aware of his body now and when strangers see his scars and ask him what happened to you he replies I was really sick,” Penner said. “Dr. Perry down in Lawton saved his life and we are thankful.”

Clinton Service Unit: Contract Health Update

Submitted information

The Contract Health Services (CHS) Department at the Clinton Service Unit is committed to helping you better understand the Contract Health System, what it means, how to obtain services and what are your responsibilities. Here is some information about what you need to do in the event of an emergent visit to the Emergency Room (ER).

72 Hour Notification for ER Services

I went to the Emergency Room. They discharged me, but scheduled an appointment. Can you help me pay? No, but without prior approval from Indian Health Services.

I was seen in the ER, what do I need to do next? It is your responsibility for you or your representative (relative or friend) to call CHS if you are seeking their assistance to pay for the ER visit.

How long do I have to call?

CHS must be contacted within 72 hours or receiving emergency care.

For an elderly or disabled person this time may be extended to 30 days.

What does CHS need? You must provide all the details of the visit (facility, patient name, DOB, name of physician, the reason you were seen at the ER and a good contact phone number) CHS is not responsible for obtaining this information; it is the patient’s responsibility. You will also need to make sure that records of your visit are sent to Contract Health Services.

How will I know if my ER visit will be paid? 72 hour

call-in does not automatically approve the services for payment. In addition to calling with a 72 hour notification, you must be eligible for Contract Health Services and have submitted all the documentation from your ER visit. The medical records will be reviewed by the CHS review committee. We will notify you of the results of the review.

I have not used IHS services in over a year and/or do not have a chart what do I do? You have 5 days from the date of service in the ER to establish your eligibility by either updating or creating a chart. Failure to do so will result in an automatic denial of payment.

I don’t want to go to the ER because I am afraid that my bill won’t get paid. We all have concerns about health care costs. It is important to remember that the ER is to be used for true emergencies. If you or your child has a cold or other non-emergent issue please contact the clinic during regular working hours to find a time to come in and be seen, don’t wait until the weekend and use the ER. If you are having chest pain, difficulty breathing, a broken bone or other truly emergent issue, please do not hesitate to use the ER. The CHS system is here for you and will do everything we can to help you through the process after you have given your 72 hour notification.

For more information about eligibility and documentation requirements, contact the Clinton Service Unit Contract Health Services toll free at (866) 438-1284 or (580) 331-3300.

DEAN'S

Drive  Thru

PAWN SHOP

NATIVE AMERICAN INDIAN GOODS



Full Service Post Office

Dean's Drive-Thru Pawn Shop
2617 S. Robinson-OKC, OK
www.deanspawn.com
405.239.2774
“OKC's Oldest Pawn Shop”

WINTER CLOTHING OUTFITTERS



WE SELL THE REAL DICKIES!



MEN'S BIG & TALL UP TO 10XL

HEADQUARTERS FOR DICKIE BRAND CLOTHING	Insulated Canvas Suits!
<i>Tennis Shoes up to size 17!!</i>	<i>Boots-Gloves We Have Your Winter Clothing Here!</i>

LAYAWAY AVAILABLE YEAR ROUND!!!
*Big Selection of Military Gear, Camping Supplies,
Tents, Tarps, Knives, Cast Iron Cookware
and Enamel Cookware!*

*Starting Nov. 28, 2010
through March 22,
2011 open
SUNDAYS 1-4:45 p.m.
Call Ahead*

Sam's Best Buy
*Mon. thru Sat. 9 am-5:45 pm
(405) 636-1486
2409 S. Agnew Ave. OKC*

Central Hair & Nail Salon

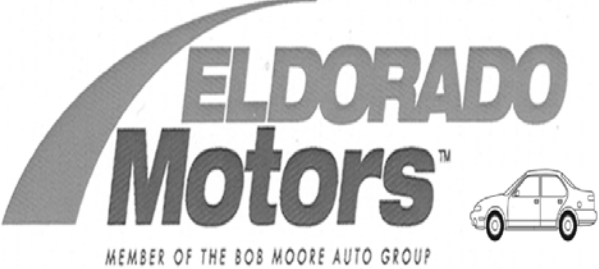
Haircuts ✂ Perms ✂ Color ✂ Wax



*FREE Haircut
with Color starting
at \$45*

3518 N. MacArthur Blvd.
Oklahoma City
Tues-Fri 10:30-6:30
Sat 10-6

Georgia McGee
Cell 405.882.0711
Salon 405.943-1819



MEMBER OF THE BOB MOORE AUTO GROUP

Want to BUY a used CAR, TRUCK or SUV

Come see Our LARGE SELECTION

FAST FRIENDLY SERVICE

You BUY HERE You PAY HERE

 **NO Payment Devices**

NO CREDIT BAD CREDIT NO PROBLEM

Call Larry or John @ (405) 775-4609

Ask Us about our **FREE** Limited Warranty

Located at 4601 NW 39th Oklahoma City

Making home ownership EASY for Native Americans

- ✔ Quick approval
- ✔ First-time home buyer loans
- ✔ Flexible financing options
- ✔ Construction to permanent loans

- ✔ FHA, VA and USDA loans
- ✔ Jumbo loans
- ✔ Debt consolidations

Ask about the Section 184 Loans for Native Americans!



DINA SCHEIRMAN
405-413-8332
dscheirman@firstunitedbank.com
dscheirman.fubmortgage.com

firstunitedbank.com



Native American owned business has green energy solutions

Submitted article



Photo courtesy Indigo Project Media
Richard Tall Bear, president and CEO of Tall Bear Group Solar, stood at the site of the Morongo reservation solar panel installation.

Richard Tall Bear believes green energy solutions are the future of tribes.

Tall Bear is president and CEO of Tall Bear Solar Group, founded two years ago. The company offers on or off-grid power projects for single residential homes and mini-grid communities as well as commercial projects.

“The biggest benefit of solar is actually locking in your price of energy, electricity costs have increased by seven percent annually in the past two decades and we can expect significant increases in the near future,” Tall Bear said.

Tall Bear is an enrolled member of the Sisseton Wahpeton Dakota Oyate tribe located in Sisseton, S.D. and the grandson of the late Randolph Tall Bear of the Cheyenne and Arapaho tribes.

The Tall Bear Group can design, engineer, deliver, install, consult, offer grant writing services, monitor and finance solar projects of any size. They have also assisted in acquiring federal grants and tax credits for tribes across the country.

Tall Bear was quoted as saying, “I believe that alternative energy development is the next big thing that will happen in American Indian communities. We want to be a big part of that. We have been working hard over the past year to make that happen.”

Tribal council

continued from page 1

by the National Indian Gaming Commission (NIGC) and present it at a later date,” Thomasina Real Bird, Cheyenne and Arapaho tribes’ executive branch attorney said.

Resolution number two, Repeal Bill No. 3L-2010-RS-10-12 Tribal Gaming Ordinance Amended Act of 2010 was passed with a vote of 142 for, two against and one abstaining.

Resolution number three, Repeal bill No. 3L-2010-RS-10-11, An Act to Authorize an Increase of the Gaming Machine Tax on All Vendors Who Have Gaming Machines within the Casinos of the Cheyenne and Arapaho Tribes passed with an unanimous vote of 151.

“We need to repeal this gaming tax as it is not in line with industry standards,” Chris DeRenzo, Lucky Star Casino assistant manager said. “We need legislation that promotes business with our tribes, not hinder vendors to do business with us.”

Resolution number four, Repeal Bill No. 3L-2010-RS-02-06, An Act to Authorize an Increase of the Gaming Machine License Fee for the Cheyenne and Arapaho Tribes passed with an unanimous vote of 134.

Resolution number five, Repeal Bill No. 3L-2010-RS-11-03

Tall Bear said tribes looking to build infrastructure on their reservations could save money by producing their own solar power.

“The mission of my business is to help tribes create their own utilities and produce their own power for tribal members and casinos and sell excess energy back to the grid. Tribally owned utilities could be revenue generating businesses creating and selling clean energy,” Tall Bear said.

He said tribes have a lot of reasons to own their own systems instead of leasing their land to others.

“Do this like you did gaming, borrow the money, build the system and pay it back,” Tall Bear stated.

Another incentive tribes have, said Tall Bear, is that renewable energy generated on tribal land gets double the renewable energy credits and those credits are another source of revenue that can be sold to a utility to meet the renewable energy portfolio standard.

For more information about Tall Bear Solar Group visit www.tallbeargroup.com.



Solar panel building designed by Richard Tall Bear.

Embezzlement Clause of the Law and Order Code passed with a vote of 145 for, two against and zero abstaining.

The resolution read, in part, “*The Tribal Council has determined that Bill No. 3L-2010-RS-11-03 contains vague provisions which may have substantial impact on tribal members and, as such, requires absolute clarity in the provisions of the law to protect the constitutional rights of our tribal members.*”

“Our advice to the Executive Branch office is this bill is unconstitutional because it is too vague and violates tribal members’ rights,” Real Bird said. “The Constitution lays out punishment laws for embezzlement and if the tribes want stricter embezzlement laws, it would be through amending the Constitution and not by laws enacted by the legislators.”

Resolution number six, Repeal Bill No. 3L-2010-RS-07-12 An Act to Amend the Embezzlement Clause of the Cheyenne and Arapaho Law and Order Code Section 123 passed with a vote of 134 for, one against and zero abstaining.

For more information on the special Tribal Council meeting contact Tribal Council Coordinator Lisa Martin at (405) 422-7430.

Tobacco facts

Submitted article

Did You Know?

Tobacco use accounts for at least 30 percent of all cancer deaths and 87 percent of lung cancer deaths. (Source: Cancer Facts and Figures 2010)

Did You Know?

In the United States, tobacco use is responsible for nearly one in five deaths which equaled about 443,000 early deaths each year from 2000 to 2004. (Source: Cancer Facts and Figures 2010)

Did You Know?

Each year, about 3,400 non-smoking adults die of lung cancer as a result of breathing secondhand smoke. Each year secondhand smoke

also causes about 46,000 deaths from heart disease in people who are not current smokers. (Source: Cancer Facts & Figures 2010)

Did You Know?

We can help. The Clinton Indian Health Center can assist you in your efforts to quit using tobacco. Through the use of group and individualized counseling, written materials and nicotine replacement therapy, we can help you begin your journey to being tobacco free. If you or a loved one is using tobacco, please call to see how we can help you today!

Clinton Indian Health Center, Tobacco Cessation Program at (580) 331-3481 or (866) 438-1284 ext. 3481



American Indian Cultural Center and Museum
Construction Update/October - December 2010
Construction progress at year end marks 94 percent completion of the structural steel and 88 percent of the total building footprint enclosed. Work is underway on the 7,800 square feet Multi-Purpose Performance facility. Pier installation is complete with the steel erection set to begin before New Year’s day 2011.

E A T I N G well for DIABETES

By Lyndsay Seawright, MA, RD/LD
C&A Diabetes Wellness Program

Health Rules to Follow in 2011

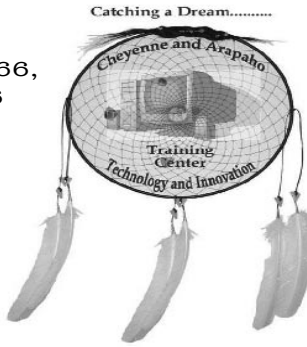
1. Set attainable goals: it is unreasonable, not to mention unhealthy, to attempt to lose 20 pounds in one week. Instead, set a healthy goal of losing 1 pound per week. Or set a date by which you would like to have lost 10 pounds. If you are starting your weight loss plan this week, a good goal might be to lose ten pounds by spring break.
 2. Plan ahead: make pre-planned menus for yourself one to two weeks in advance, and be sure to plan for special occasions such as birthdays and other holidays where you might consume more calories. When you have a plan, you are likely to see ways you can compensate for that slice of birthday cake you plan to eat. For example, if your best friend’s birthday dinner is on Saturday, you can plan to eat healthful meals the rest of the week so you can splurge a little bit on the weekend.
 3. Keep a food journal: there is a slew of research suggesting the benefits of recording dietary intake in a journal. The idea is that by keeping tabs on what you consume it is easier to see what you are lacking and what you are over-consuming.
 4. Strive to move more: exercise is a large part of weight loss success. However, this does not mean you have to run a marathon everyday to be successful. Start small by taking the stairs and parking further away from the front door at the grocery store. Work your way up to 20-30 minute walks or jogs around your neighborhood. Before you know it you will see a decrease on the scale and an increase in your energy level!
 5. Spread the word: tell friends and family about your weight loss goals in order to gain support. This may also motivate loved ones to join you in your efforts, which will only benefit your own success. Furthermore, the support of friends and family hold you accountable to the goals you have set.
- Good luck in your efforts to make 2011 a healthy and happy year! Congratulations, in advance, for achieving your nutrition and exercise related goals!
- For any questions or concerns regarding nutrition, weight management or diabetes please contact the Cheyenne and Arapaho Diabetes Wellness Program at (405) 422-7688.
- Don’t forget to record your beverages, as well.

CATI TRAINING CENTER

Canadian Square
Shopping Center
1621B East Highway 66,
El Reno, OK 73036

CATI Training Center Offers:
Open Lab
Training in:
**Microsoft Office 2003,
Word, Excel, Access, Power
Point, Microsoft Office
2007, Word, Excel, Access,
Power Point.**

Call (405) 262-1906 or (405) 422-7638, or drop in.



SAVE THE DATE!
MARCH 14-17, 2011

The National Center
for American Indian
Enterprise Development
Presents 25th Annual
**RESERVATION
ECONOMIC
SUMMIT
LAS VEGAS HILTON**

Be part of the largest and
longest running American
Indian Business Event in the U.S.
**BUSINESS TARGET:
\$1 BILLION IN CONTRACTS**
The premier Networking &
American Indian Economic
Development Event for
Indigenous Entrepreneurs,
Tribal Representatives,
Corporations, MBEs, and
Government Agencies

RES2011
RESERVATION ECONOMIC
SUMMIT & AMERICAN INDIAN
BUSINESS TRADE FAIR

PRESENTED BY

**THE NATIONAL CENTER
FOR AMERICAN INDIAN
ENTERPRISE DEVELOPMENT**

RES is where business
gets done in Indian Country
● EXCELLENT
SPONSORSHIPS
AVAILABLE!
● TRADE FAIR SELLS OUT
EACH YEAR!
● Register Early!
Las Vegas Hilton
800-732-7117

NCAIED
NATIVE COMMUNITY
ASSOCIATION OF INDIAN
ENTERPRISE DEVELOPMENT

N2N
NATIVE TO NATURE

Don't miss the.....23rd Annual National Center Golf Classic
Monday, March 14, 2011
NCAIED.org 800-462-2433 Ext 243 events@ncaied.org

Sports Spotlights



A.J. Reyes

A.J. Reyes is from Thomas, Okla. where he plays for the Thomas Terriers. He is a senior, 6'3" tall and weighs 175 lbs. His positions he played in football were quarterback and outside linebacker.

Reyes was named All District Most Valuable Player in the Class A district, Oklahoma Coaches Aid Class A, All Star list, the Oklahoman All-State Football roster quarterback honorable mention, All-VYPE football, second team. He was named Coaches Aid Prime Time player twice during the 2010 football season where he rushed for 200 yards and three touchdowns against Minco and the other Prime Time was when he passed for 161 yards with three touchdowns against Oklahoma Bible Academy.

Reyes will be featured as the Native American Athlete of the month in the VYPE magazine for January 2011.

He ended his season by ad-

vancing to the Oklahoma State semi-finals against Woodland. Despite the loss to Woodland, he threw for 267 yards with two touchdowns. For the year he threw for 1,967 yards, rushed for 976 yards and had 35 touchdown totals for the year.

Reyes was also a homecoming king candidate and named the Most Athletic at Thomas High School. He participates in football, basketball, baseball and track.

Reyes is an enrolled member of the Cheyenne and Arapaho tribes. He is also one quarter Comanche. He is the son of Nick and Sonya Reyes. His paternal grandparents are Alfred and Alta Reyes and his maternal grandparents are the late Doc and Charlotte Tate Nevaquaya. He has a younger brother Noah Reyes.

His family would like to tell him they are very proud of him and he is an outstanding athlete and young man.



Kortney Woods

Kortney Woods was chosen as one of *VYPE Magazine's* Native American Athlete of the Month.

Woods is a member of the Cheyenne and Arapaho tribes and a sophomore at Kingfisher High School in Kingfisher, Okla.

Woods excels on the basketball court as well as the softball field.

Last season during the Wheatbelt Capital Tournament, Woods scored seventeen points and set the record high for herself and all her teammates.

Woods also regularly plays for the Cheyenne and Arapaho tribes' R.E.Sp.E.C.T. basketball league.

She started on both the high school softball team and basketball team as a freshman.

At age 15, Woods is "on the road to being a college athlete".

Her brother, Jordan Woods was All-State in football last year and plans to attend college next year.

Woods family are proud of her success both on the court and off.



Jonathan Harvey

Jonathan Harvey plays football for Kingfisher High School in Kingfisher, Okla.

This year the Kingfisher team made to the state finals in Stillwater, Okla.



Courtesy photo

The Geary Elementary boys basketball team won third place at the Ft. Cobb Tournament held Jan. 3-8, 2011.

There are eight Cheyenne and Arapaho tribal members on the team this year.

We are all proud of these boys.

They are S. LittleBird #21, L. Rishel, D. Birdshead #2, O.J. Birdshead, Jr. #35, D. Plumley #5, R. Gilbert #24, A. Yellowfish #31, and J. Coppage #12. The coach is Sean Hamm.



Cheyenne and Arapaho Tribal College

100 Campus Drive,
Weatherford, OK 73096
Phone: (580) 774-3742
Fax: (580) 774-7085
E-mail: catc@swosu.edu

A Day of Cultural Learning is brought to you by the Cheyenne and Arapaho Tribes' Tribal Historic Preservation Office, Culture & Heritage Program and the Office of Planning & Development to help Sustain and Encourage the Tribes' Culture, Language and Traditions...

Indian Art Market

Inviting all Indian Artist
To Come and Sell/Share Your Art Work
Friday, February 4, 2011
10am –6pm
& the 1st Friday of the every Month thereafter
Concho Community Building

Special Invitation:
Cheyenne & Arapaho Language Program
Cheyenne & Arapaho Cultural & Heritage
Cheyenne & Arapaho Tribal College
WIC-Family Preservation

Vendors-
Booth Fee: Waived if you can provide an educational demonstration on your art work, otherwise there is a fee of \$25.00

Food Booths-
Booth made available to Tribal Programs who are willing to provide a Traditional Food Menu
Program is responsible for clean up

Contact: Office of Planning & Development/Tribal Historic Preservation Office, Lynnette Gray @ 422-7620 *
Culture & Heritage Program, Greg Spottedbird @ 422-7522 *

- ♦ Quilting
- ♦ Parfleche
- ♦ Ribbon Work
- ♦ Basketry
- ♦ Hide Tanning
- ♦ Traditional Song Composer
- ♦ Quillwork
- ♦ Gourd Making

- ♦ Beadwork
- ♦ Drum Making
- ♦ Feather Work
- ♦ Shawl Making
- ♦ Story Telling
- ♦ Paintings
- ♦ Photography
- ♦ Carving
- ♦ Pottery

- ♦ Tribal/Family History Display
- ♦ Cradleboard Making
- ♦ Flute Making
- ♦ Tipi Making



REACHing out for health

Submitted article

January is National Cervical Cancer Awareness Month.

According to the Centers for Disease Control (CDC) 3,900 women die annually from cervical cancer in the United States. Every day 30 women in the United States are diagnosed with cervical cancer.

What is cervical cancer? Cancer is a disease in which the cancer cells grow out of control and if the cancer starts in the cervix it is called cervical cancer. The cervix is the lower narrow end of the uterus. The cervix connects the vagina (birth canal) to the upper part of the uterus (womb). The uterus is where the baby grows when a woman is pregnant.

According to CDC 12,000 women in the United States will be diagnosed with cervi-

cal cancer each year. Women over the age of 30 are most often at risk. The Human Papillomavirus (HPV) that is contracted through sexual intercourse is the cause of cervical cancer. About half of sexually active people will have HPV in their lives, but only a few of these will get cervical cancer. A person is more at risk for cervical cancer if they smoke, have immune deficiency, use birth control for five or more years or give birth to three or more children.

There may be no signs or symptoms for cervical cancer in the early stages. Advanced cervical cancer may cause abnormal bleeding from the vagina or a discharge. If you have any abnormal bleeding, such as bleeding after intercourse, you will need to consult with a physician. Recommendations

to prevent cervical cancer are to see your doctor regularly, don't smoke, use condoms and limit your number of sexual partners.

Cervical cancer is highly preventable because of the screening tests and a vaccine to prevent HPV infections. If found early, cervical cancer is highly treatable with long survival rates and a good quality of life. The PAP test is the most reliable and effective cancer screening test available. This test is recommended for all women from age 21 or within three years of the first time they have had sex. The PAP is the best way to screen for cancers or cell changes on the cervix that can be treated early. It is important to continue to have a PAP test every three years or as recommended by your physician.

Teens speak about scars of cutting and branding

By Lauren Donovan, The Bismarck Tribune

MCLAUGHLIN, S.D. (AP) _ This is a story about tales being told at Standing Rock in quiet voices by people willing to share the deepest pain and darkness in their lives. They hope their talk is loud enough to be heard across the reservation and beyond.

John Foster was 14 when he woke up with a raw and burning spot on his back after being passed out drunk. Someone had heated the flat side of a knife over a glowing red kitchen stove and seared a brand into his tender flesh.

“It was ugly and hurting,” said Foster, now 16 and a freshman at McLaughlin High School. He doesn’t remember much about the night it happened. “I think it was an adult who did that to me,” he said.

Samantha Cosay, 18, has thin scars like the cross ties in a railroad track where she cut the inside of her left arm over and over and over with a razor blade.

“You have to be in the mind of that person to understand cutting,” she said. “When I was watching the blood, it calmed me down.”

Cutting and branding different words for sorrow and desperation are not everyday, every-kid behaviors among these children of the Standing Rock Sioux Reservation.

But they are common enough.

And they are understood to be signs of the same sorrow and desperation that underlie an epidemic of teen suicide on the reservation.

The McLaughlin School Board decided it couldn’t look away from its kids in trouble.

Instead it looked the problem straight in the eye and agreed to participate in an Indian Health Services GoodHealth TV project.

It budgeted money for school students to create two public health videos that will “premiere” at the school and on the GoodHealth system in IHS health centers around the country.

The students helped write the script and are the actors. KAT Productions, of Bismarck, did the visuals, sound and editing earlier this fall.

The three-minute videos on cutting and branding are unflinching and disturbing.

The students are proud of their work and hope it makes a difference.

“This issue is real,” said Hanna White Bull, a senior. “It’s opened a lot of people’s eyes. No one was talking about cutting.”

The cutting video is of a young girl, with a tear-streaked face, alone in her bathroom, cutting a thin bloody track across the inside of her arm. At that same moment, her mom at the grocery store, her friends at school, her coach in the school gym, her dad walking down the street feel pain and look down to see a bloody track appear on their own arm.

“When you cut, you feel like it’s just you. I hope this helps kids know it doesn’t revolve around you, everyone around you will be affected,” Cosay said.

In her life, her parents checked her into the hospital on three occasions, which she said made her feel worse and more isolated. It is only at this point in her story that she breaks down and tears fill her eyes and fall down her cheeks.

“I wanted them to give me space and leave me alone. I wanted them to sit down and talk and listen to me,” she said.

Cosay said she’s gradually stopped cutting herself. “What works for me is listening to music and piecing my thoughts together. I rest, just settle down,” she said.

Kelsey Mutchler, 17, also a McLaughlin senior, cut herself once after two female cousins hanged themselves, one in 2008 and one in 2009.

Her cousins had problems and had been branded. One was on probation and “feeling lost and stuck on the reservation,” Mutchler said. Their parents were drinking and not getting along.

At the time she cut herself, she was depressed and angry. She told her parents what she had done to herself and found other ways to cope.

Dana Otter Robe, 18, portrays the young, lonely cutter in the video, though she has never done it to herself.

She has felt sorrow.

Her baby daughter died last year of sudden infant death syndrome at the age of 4 months.

“I knew I had to keep myself positive and stay busy with sports and school. I didn’t do drugs, alcohol, cutting, anything. I want to graduate and go to college and show other kids it’s not that hard,” she said.

The brand on Foster’s back where he pulls up his blue T-shirt to his shoulder blades has faded with time, though it will always be there. He’s fortunate that it was never infected, like happens to some kids who end up with swollen angry-looking scar tissue that disfigures them for life.

He said the video on branding makes sense to him. It depicts a carload of kids, driving and partying, and ending up drinking at a house where no parents are around. One girl is urged, “You want to be like us, don’t you?” and then there’s her scream when the hot knife is pressed into her skin.

That’s how it likely happened to him at a time when both his parents were in jail. Now, Foster thinks branding is dumb, but “sometimes I got mad at my parents because they didn’t stay home with me most of the time. They were out drinking.”

This tall, shy boy lives with his grandmother now.

Donna Archambault, an employee of the McLaughlin school, is raising her grandson, Adam Weasel. Her own son, George, was into branding and hung himself when he was 20.

She says she was an alcoholic mother, never there for her kids.

“When he was laying there in his casket, I thought of all the things I didn’t do for him,” she said.

Her two daughters tried to commit suicide. Archambault said she believes branding is an act of “trying to burn something away. What can we do to stop suicide? It can happen to anybody,” she says.



Events

CALENDAR

Cheyenne and Arapaho Tribes’ Elders Day Out
From 5 - 9 p.m., Jan. 19, 2011. Dinner and a show in Oklahoma City. For transportation schedule call the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570.

Birthday Handgame for Kenneth Donald Wermey
Jan. 22, 2011 at the Concho Community Center in Concho, Okla. Registration begins at 2 p.m. Drawing at 3 p.m. Supper at 5 p.m. For more information call (405) 887-4743.

Native American Church Cheyenne Chapter One Benefit Dance
Gourd dance at 3 p.m. Dinner served at 5 p.m., Jan. 22, 2011 at the Watonga Multipurpose Center in Watonga, Okla. To make a donation call Charles Haag at (405) 205-6622 or Wendy Haag at (405) 422-7498.

The Heart of America Youth Rodeo
Jan. 22-23, 2011 at the Heart of Oklahoma Expo Center in Shawnee, Okla. For more information call (405) 834-4528.

American Legion Post 401 Meeting
At 6 p.m., Thursday Jan. 27, 2011 at the Native American Church building in Concho, Okla. For more information call (940) 367-5330 or email sugainikia74@aol.com.

The second annual Oklahoma Mission of Mercy’s Free Dental Clinic
Feb. 4-5, 2011 at the Cox Convention Center in Oklahoma City, Okla. Free cleanings, fillings, extractions and more. No appointments, first come first served. For more information call (405) 607-4725 or visit www.OkMOM.org.

Honor Dance for Janice Prairie Chief-Boswell
Feb. 5, 2011 at the Concho Community Center in Concho, Okla. Gourd dance at 3 p.m. Supper at 5 p.m. Grand Entry at 7 p.m. Adult contests, Women’s Fancy Shawl/Jingle, Women’s Cloth/Buckskin, Men’s Straight/Traditional, Men’s Grass/Fancy. First place \$200, second place \$100, third place \$75. For more information call (405) 422-7415.

Minnie Julia Blindwoman Memorial
Feb. 5, 2011 at the Kingfisher Women/Exhibit Building in Kingfisher, Okla. Ceremonial paint at noon followed with lunch and Gourd dance. Supper at 6 p.m.

Birthday Dance for Levi Pedro, 7, Tracy Hornsby, Jr., 4, and Hubert Youngbird, 4
Dinner at 1 p.m., Sunday Feb. 6, 2011 at the Watonga Multi-Purpose Building in Watonga, Okla. All Gourd dance to follow. Invitation to all friends and relatives to celebrate with all the boys brought into dance arena by their uncles.

The fifth annual Oklahoma City University Spring Powwow Contest
Sat. April 9, 2011 at the campus of Oklahoma City University. For more information email Lindsey Factor, lfactor.stu@my.okcu.edu or Chris Roman Nose, cromannose@okcu.edu.

School Clothing Receipts Deadline Extension

The Cheyenne and Arapaho Tribes School Clothing Program would like to announce the extension for the deadline for the 2010-2011 SCP receipts.

Parents/applicants must submit all original receipts to the SCP office by Feb. 18, 2011. (or post marked by Feb. 18, 2011).

Receipts for school clothing purchased before receiving SCP funds will be accepted, as long as the date is not before July 1, 2010. List the applicant’s name and enrollment number on all receipts prior to submission.

The SCP would like to thank all the applicant’s who participated this year and wish everyone a Happy New Year. If you have any questions please contact the Education Department-SCP.

The Domestic Violence program services Canadian, Kingfisher, Blaine, Dewey, Custer, Washita, Beckham and Roger Mills counties.



Women Are Sacred

The Cheyenne and Arapaho tribes Domestic Violence Program provides **Counseling** for Native American women, including the elderly, who have been involved in domestic abuse, sexual assault or stalking.

Advocacy in obtaining victim’s protective orders and referrals to agencies that may be of assistance to them.

Support for clients and their families while in crisis.

For more information or help call (405) 422-7692-office or toll free (800) 247-0345 ext. 27692

This project is supported by Grant No.2209-TW-AX-0039 awarded by the Office on Violence Against Women, U.S. Department of Justice

PROGRAM PROFILE

Cheyenne & Arapaho Tribes Domestic Violence Program

P.O. Box 38
Concho, OK 73022
(405) 422-7692, (405) 422-7639
Toll Free (800) 247-4612 ext. 27692 or 27639
24/HR Emergency (405) 201-8295

Domestic Violence Program offers referrals to domestic violence shelters and counseling through Red Rock or Indian Health Services.

- **We also offer financial assistance with incidentals (such as clothing, personal hygiene items and food).**
- **We offer emergency shelter in the form of motel, only if a shelter is unavailable or if it is after hours.**
- **We will help with relocating if the victim is moving out of the home, (such as rental and deposits for utilities).**
- **We also provide advocacy and will attend court with them if they desire, assist with the paperwork and transportation, if needed. We serve Cheyenne and Arapaho tribal members who live within the eight county service areas.**
- **We will also help any one with referrals, whether they are tribal members or non-tribal members.**

For more information contact Karen Hinton, Coordinator or Augustine Red-Hat, Domestic Violence Advocate.

Lady Shawls-All Sizes All Colors

Young Girls Shawls
→ Solid Colors
→ Disney-Tinkerbell
→ The Princess & The Frog
→ Cinderella
→ Hannah Montana ... and more



★Girls Cloth Dance Dresses w/matching Shawls★

For more information or to order contact Jamie Norris
(405) 295-2349 ♥ (405) 651-1115 ♥ jlnorris5467@yahoo.com

Tribal Oil Agreement - N.D. Governor hopes to avoid reopening tribal oil pact

By Dale Wetzel, Associated Press

BISMARCK, N.D. (AP) _ Gov. Jack Dalrymple said his proposed budget for road construction and repairs in northwestern North Dakota’s oil-producing region may make it unnecessary to reopen an oil tax revenue sharing agreement with the Three Affiliated Tribes.

“I think it would be preferable if we could get resources to them in other ways,” Dalrymple said.

The tribes’ chairman, Tex Hall, has told lawmakers the agreement should be reworked to provide more revenue to maintain the tribes’ own road network, which is used by heavy trucks that have accompanied increased oil drilling on the Fort Berthold Indian Reservation.

Since July 2008, the state has collected \$43.7 million from the agreement, with the tribe getting \$19.1 million, state Tax Department records show. The state’s cut also is shared with local governments.

The Legislature authorized then-Gov. John Hoeven to negotiate the agreement four years ago.

A two-year accord was signed by Hoeven and Hall’s predecessor, Marcus Levings, in June 2008. Hoeven and Levings signed an indefinite extension in January 2010.

The agreement specifies how oil production is taxed on trust lands, which are tribal lands held in trust for the benefit of the tribe or individual tribal members, and fee land, which is privately owned. It outlines how oil tax revenues are to be shared by the state and tribe.

It allows either the state or tribe to terminate the agreement with 30 days’ notice, provided the tribe and state first attempt to resolve any differences.

Dalrymple met with Hall and a number of tribal officials in his office last Thursday, when Hall delivered a speech to the North Dakota Legislature as a representative of North Dakota’s four American Indian tribal governments.

Dalrymple said he briefed the group on the details of his budget recommendations to the Legislature, which includes \$371 million from a state oil tax fund for reconstruction and repair of state and county roads in western North Dakota’s oil-producing region.

“We kind of left it that we would study the entire picture with them, we would show them what we can do, we would talk about a plan to get some more federal funds, and then we would see whether we need to talk about the tax agreement or not,” Dalrymple said.

Hall said in a statement Monday that the Fort Berthold reservation has more than 1,000 miles of Bureau of Indian Affairs roads. Repair money for them is scarce, and the tax agreement needs to be revisited, he said.

Negotiating a new agreement could be difficult. The Legislature set out the parameters for the original accord, and lawmakers probably would want to have a say in any renegotiation, Dalrymple said.

“We don’t want to get ahead of ourselves,” the governor said. “We feel this can be worked out without having to reopen the agreement.”

Teens

continued from page 6

Velia Salas, of McLaughlin, teaches the Lakota language to elementary students. Her son, Dakota, committed suicide when he was 14 years old. He’d never cut himself or been branded, she said.

She said she grew up in an alcoholic home and finally put alcohol away herself when she was in her 30s.

“My philosophy is we need to deal with the drug and alcohol addiction of our families. I’m talking about people constantly drinking and drugging and not taking care of the kids,” she said.

She said her son’s suicide was the most humbling experience of her life. “I was totally exposed. There was nowhere to hide,” she said.

Trace Harrison, a senior, was in the branding video because he believes he has to help younger kids make better choices.

“I have friends who have done it, but I don’t get involved in that lifestyle. I think the people you hang out with are the people you end up like,” he said.

McLaughlin’s school superintendent Kevin Coles wasn’t available for an interview, but he said in a prepared statement that the district recognizes that some students self abuse themselves and in doing so, impact all students and the school’s ability to give them a good education.

He said good health program gives students healthy, positive messages. “Now, some of them are from our own students,” he said. Along with their shock value, both videos offer hope and advice.

Student teacher Allyson Two Bears started at McLaughlin while the filming was going on. She took a role as a doctor who sees the girl who was branded and offers practical advice about

better choices and finding someone to talk to.

In real life, she feels unprepared to be that someone.

“It’s overwhelming that kids are dealing with these issues and to think that you are going to be that person that they talk to,” she said. “With suicide, there’s always another child and another child and another child. I don’t know how many in the last years, dozens,” she said.

The last _ and she would point out the least important _ voice is McLaughlin High School science teacher Harriet Howe, who’s been teaching on Standing Rock for four years and coordinated the video project, which was open to any student who wanted to participate.

Howe says branding is most troubling because it involves older people preying on younger children and because there’s a nasty sadistic edge to it. She has come to understand cutting as an abusive coping behavior that, for all its repulsiveness, most often doesn’t escalate.

The videos are already bringing awareness and discussion to the school and the community.

“A lot of people didn’t realize these behaviors are happening,” she said.

The students are not done talking.

They’re planning additional videos for GoodHealth on topics of bullying, suicide and truancy.

Otter Robe, still grieving the loss of her baby but determined to make a future, said she hopes the messages from Standing Rock are like far-reaching arrows shot from a taut bow.

“Kids all over are struggling like we are here on the reservation,” she said.

VETERAN'S VENUE



Time running out for troops, Veterans to claim ‘Stop Loss’ pay

Any veteran who was on “Stop-loss” status during the Vietnam War is entitled to \$500 from the U.S. Government for each month or partial month they were on “Stop-loss” status.

“Stop-loss” is the involuntary extension of a service member’s active duty service under the enlistment contract in order to retain them beyond their initial end of term of service (ETS) date and up to their contractually agreed end of obligated service (EOS), or involuntary extensions, or whose retirement was suspended.

Veterans must apply for this and show proof. The deadline to apply is March 4, 2011.

For more information visit the Department of Defense Retroactive Stop Loss Special Pay Webpage at www.defense.gov/releases.

.....

Veterans and Volunteers Wanted

Post 401 Meeting

6 p.m. Jan. 27, 2011 at the

Native American Church Building

Concho, Okla.

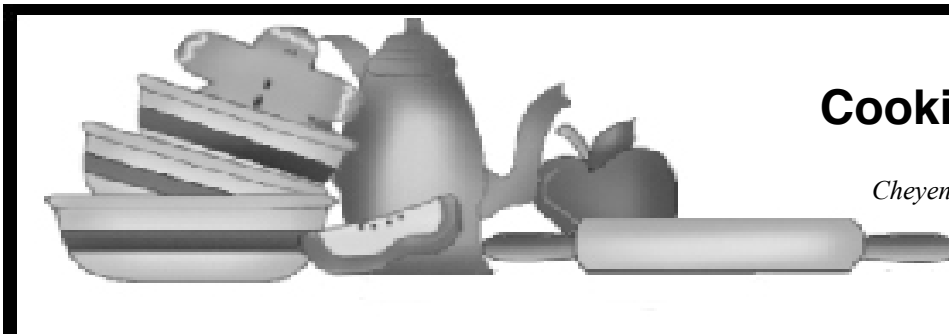
For more information

call (940) 367-5330

Preserve our Future



Become a foster or adoptive parent.



Brown Bean Fudge

Cooking with USDA Foods

Recipes furnished by the
Cheyenne & Arapaho Food Distribution Program



In honor of National Bean Day Jan. 6, 2011 try this fudge made with a can of beans! (Shh...no one will know there’s beans in it)

Ingredients:

- 1 (15oz) can pinto beans, drained and rinsed
- 1 cup cocoa powder
- 2/3 cup melted butter
- 1 Tbsp vanilla
- 4 cups powdered sugar
- 1 tsp UHT milk
- 1 cup chopped nuts

In a blender or food processor puree beans with butter until smooth; transfer to bowl.

Add cocoa, powdered sugar and vanilla, beat 3-minutes until thoroughly mixed. Stir in milk, then nuts.

Spread mixture evenly in a 9x13 pan. Refrigerate until chilled and firm.

Note: Black beans, refried beans, perhaps any other type of bean will work.



“Where Quality Counts”

SUPERIOR EXTERIOR ROOFING

CALL DAVID MOORE
(405) 476-3465
FOR A FREE INSPECTION



Roofing



Gutters



Energy Efficient Windows



Siding

Home Insurance Specialist



BRIEFS

Construction Inspections for Tribes and Tribal Organizations

Jan. 20-21, 2011 at the Hard Rock Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The Legal Aspects of Health Information Management

Jan. 20-21, 2011 at the Hard Rock Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

Rights of Way Over Indian Land

Jan. 27-28, 2011 at the Hard

Rock Hotel in Las Vegas, Nev. For more information go to www.falmouthinstitute.com. For hotel accomodation call (800) 693-7625.

The 13th annual Indian Gaming National Marketing Conference

Jan. 30-Feb. 1, 2011 at the Augua Caliente Casino Resport Spa in Rancho Mirage, Calif. For more information or to register visitcall (775) 329-7864.

Tribal Court Procedures

Feb. 15-16, 2011 at the Ft. McDowell Resort and Casino

in Phoenix, Ariz. For more information or to register call (480) 789-5300 or visit www.dciamerica.com.

Basic Indian Law

Feb. 17-18, 2011 at the Ft. McDowell Resort and Casino in Phoenix, Ariz. For more information or to register call (480) 789-5300 or visit www.dciamerica.com.

Global Summit on HIV/AIDS and Female Trafficking

Feb. 22-25, 2011 in Washington, D.C. For more information email info_summit@globomail.com.

Multimedia Boot Camp for Journalism Professionals and Educators

Feb. 23-27, 2011 at the Diversity Institute. Multimedia training for journalists but open to anyone with an interest in multimedia storytelling.Registrations accepted until Feb. 7, 2011. For more information or to register visit www.surveymonkey.com/REGISTER4bootcamp.

The fifth annual Reserva-

tion Economic Summit and American Indian Business Trade Fair

March 14-17, 2011 at the Hilton in Las Vegas, Nev. For more information or to register visit www.ncaied.org.

Human Resource Development and Telework Policies Procedures and Performance Management

March 15-16, 2011 in San Diego, Calif. For more information or hotel reservations call (800) 888-1027.

Why dogs are sacred to our tribe

By Matheson Hamilton

As I was growing up I ran into a lot of people who would tease me about being Indian. I just figured that they were insecure as to who they were. My grandfather said people who are insecure about themselves will look down on others. What got to me the most was when other tribes would make fun of me for being Cheyenne and calling me dog eater.

At first I got mad but I had to remember my teachings and remember these people are not Cheyenne and don’t know our ways.

I want to tell this little story for the younger members of our tribe. This is just a story I was told as to why dogs are sacred to us.

A long time ago, our tribe was in the mountains, in dead of winter with the hunting poor, our tribe was starving. The elders and chiefs went and consulted with the medicine man, who went from the camp to fast and pray. Out of the mist in the morning one of the dogs came up to the medicine man and said “your tribe is starving and if your tribe dies, my band might die off also, as we follow and rely on your tribe, take our puppies and eat them so your tribe will survive, in turn we will survive also. Tell your tribe that they will always get courage and strength from our puppies.” When the medicine man

got back to camp he called council with the elders and the chiefs. After he told what had happened, everyone agreed with the medicine man on what had to be done to keep the tribe alive. That is why we hold dogs sacred now days and why they are so important to our Sundance when someone completes his vow. A lot of people would question a dog talking to a medicine man, but growing up around grandfather Roy Hamilton, a medicine man.

I know medicine men have powers we don’t understand. My friend Teri Diane F. and I were in the Wal-Mart parking lot in Oklahoma City, Okla. when we heard and owl twice. I told Teri that it was just bringing a message. I mean an owl in the middle of Oklahoma City, Okla.

The next day we heard that, to me was a powerful medicine man R.H. had passed away. My stories are not to influence anyone’s way of thought it is just my understanding of how stories explain key points of interest of our Cheyenne people. To me stories are important for our people. That’s one of the reasons my Indian brother Albert Gray Eagle and I play flute music with story telling. We have to preserve our culture and heritage.

Winter Weather Announcement for the Clinton Service Unit

Submitted article

The Clinton Service Unit (Clinton, El Reno and Watonga Indian Health) would like to take this opportunity to remind you what to do if there is severe weather and you have an appointment or are not feeling well.

The Clinton Service Unit will make every effort to stay open even in severe weather, however there may be times when the roads are considered too hazardous for staff or patients to travel.

Closures and other announcements related to severe weather will be available through the Clinton Service Unit Weather line. If there has been severe weather, the roads are hazardous and you are seeing or hearing closures on the news for other areas in western Oklahoma, please call the weather line before you make your way to the clinic. We will up-

date this message as needed so it is best to call right before you leave for your appointment as severe weather and bad road conditions could cause us to close at anytime.

Additionally, there may be times when we are open but have limited staff due to the road conditions. It is always best to confirm your appointments before you travel to be sure.

If at any time you do not feel that it is safe for you to travel, please contact us so that we can reschedule your appointment.

Announcements regarding closures will also be made on local radio and television stations.

To contact the Clinton Service Unit Weather Line call (580) 331-3582.

For appointments and Contract Health call toll free (866) 438-1284 or (580) 331-3300.

Exceptional . . .

Yesterday/Today/Tomorrow



Cheyenne and Arapaho Tribal College offers four Academic Degree Programs. Associate of Science in Tribal Administration, Associate of Science in American Indian Studies, Associate of Science in General Education and Associate of Science in Children’s Teacher.

Sec.	Course Title	Day	Time
4806	Cheyenne Language II	MW	5:15-7 p.m.
4803	Arapaho Language II	ARR	ARR
4807	American Indian Belief Systems	M	5:15-7:40 p.m.
4808	American Indians Today	T	5:15-7:40 p.m.
4809	Sem: American Indian Women	T	5:15-7 p.m.
4801	Art History Plains Indian	MW	12:30-1:50 p.m.
4810	Literature of the American Indian	W	5:15-7:40 p.m.
4811	Tribal Government II	R	5:15-7:40 p.m.
4812	Office of Management and Budget Circulars	T	5:15-7:40 p.m.
4802	Advance C&A Constitution	F	3:30-6 p.m.
4804	Video Story Telling	ARR	ARR

2010 Student Art Competitors



Please Come by
the Office of
Planning and Development
to Retrieve Your Art Work

Monday - Friday
8am to 5pm

We Greatly Appreciate your
Participation

Office of Planning & Development
405.422.4620

Thank You for Your Participation!

SPECIAL
COMMUNITY MEETINGS

All meetings will serve supper at 6:00p.m.

Hammon Community Meeting
Location Community Hall
Date Jan. 18, 2011
Time 7 p.m.

Elk City Community Meeting
Location Gathering Place
Date Jan. 19, 2011
Time 7 p.m.

Seiling Community Meeting
Location Community Hall
Date Jan. 20, 2011
Time 7 p.m.

Canton Community Meeting
Location Community Hall
Date Jan. 24, 2011
Time 7 p.m.

Weatherford and Thomas
Community Meeting
Location Pioneer Center
Date Jan. 26, 2011
Time 7 p.m.

Watonga Community Meeting
Location Multi Purpose
Center
Date Jan. 27, 2011
Time 7 p.m.

Clinton Community Meeting
Location Frisco Center
Date Jan. 31, 2011
Time 7 p.m.

Kingfisher Community
Meeting
Location Snider’s Catering
Date Feb, 2, 2011
Time 7 p.m.

Oklahoma City
Community Meeting
Location Penn Avenue
Church of Nazarene
Date Feb. 3, 2011
Time 7 p.m.

Concho Community Meeting
Location Community Hall
Date Feb. 7, 2011
Time 7 p.m.

Geary Community Meeting
Location Community Hall
Date Feb. 8, 2011
Time 7 p.m.



HONOR DANCE FOR
Janice PrairieChief-Boswell

Saturday, Feb. 5, 2011
Concho Community Hall

Gourd Dance 3 p.m.
Supper 5 p.m.
Grand Entry 7 p.m.

MC-Winslow (Chubby) Sankey
HS-Stewart Candy
HMD-Michael Whitecloud
HLD-Edwina Whiteman
HLBD-Eric Patton
HLGD-Eryn Roman Nose
AD-Ha’Sylez

NO SPECIALS

Adult Contest:
Women’s Fancy Shawl/Jingle, Women’s Cloth/Buckskin
Men’s Straight/Traditional, Men’s Grass/Fancy
1st-\$200 & 2nd-\$100 & 3rd \$75
DRUM CONTEST - \$500

Happy Birthday



Happy Birthday
Anthony Moorhead
From your friends
and teachers at
Clinton Headstart.



Happy Belated
Birthday
Lyrica Rae Lime
Dec. 14
From Otis and Lisa
Brown and all your
family, big love.



To my son
Bruce Whiteman III
Happy 14th Birthday
Jan. 25
Love you always, Dad.



Happy 5th Birthday
Taryn Maisie
Jan. 10 Words cannot
express the blessing you
have been these 5 years!
We love you. Mommy,
daddy, Ethan and Lexi



Happy 7th Birthday
Daniel Beau!!
Jan. 2
We love you Bub!!



Happy Birthday
Alana Sam
From your friends
and teachers at
Clinton Headstart.



Happy Birthday
Harry Haag
Jan. 9
Enjoying spending
time with you
O. Brown and Lisa
from Shawton.



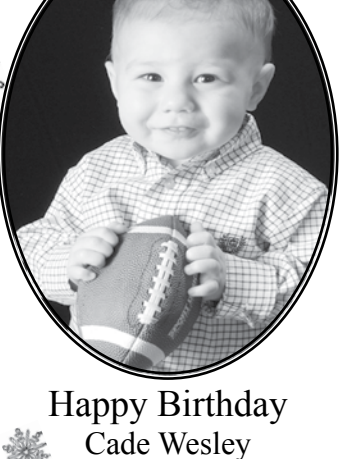
Happy Belated
5th Birthday
Tina Mae Ortiz
from your
brother Huntee.
Love you bunches



Happy Birthday
Jacob YellowEagle
From your friends
and teachers at
Clinton Headstart.



Happy Birthday
Matilda Marquez
From your friends
and teachers at
Clinton Headstart.



Happy Birthday
Cade Wesley
We love you!!
Can't believe you're 3!!!
momma, "Issy",
and "Buvi".



Happy Birthday
Phylisha Marie and
Rayna Lee Patton
Dec. 29 and Jan. 26
We love you with all our
hearts and farts!
Love mom, dad,
Eric and Chris.

Roy Franklin Aragon Jan. 9
21 years ago the Dr. handed me a little boy,
and I named him Roy.
I am so proud of you for becoming the man
of your house and not running away from your
responsibilities. Happy Birthday son!
We all love you very much.
From your whole family, momma, John, Stephanie,
Teresha, RJ, aunties, uncles.

Happy Birthday! Daddy
Love your baby girl, Aspen
May God bless all you and all you become!!!



Happy Birthday
Wade and Lindsey
Jan. 26 and Jan. 19
We love you,
From all your family.

Wishing my baby
sister Robyn a Happy
Birthday
Jan. 1
Love ya lots
from your bro Henry
Richard (Goodbear).



Happy Birthday mother
I love and miss you daily.
Jan. 16
Otis, Lamont and family
You were there when we
took our first steps,
And went unsteadily
across the floor.
You pushed and prodded
encouraged and guided,
Until our steps took us
out the door...
As we walk the paths of our
unknown
Where we are is where
you have led us,
With your special love you
showed us a way,
To believe in ourselves
and the decisions we make.
Taking on the challenge
of life day-to-day.
Where we go you can be sure,
in spirit you shall be.

To Doni Two BabiesIII.
Happy Birthday
We love you!
Your auntie Quoint and
your lil bro "Izzy"
Feb. 7.
Thank you and
Happy New Year.



Happy 53rd Birthday
to our mother
Lisa F. Brown
Jan. 10
From your children.



Happy Birthday
Ransel Rhoads From
your friends and Staff at
Clinton Headstart.

Wishing my daughter
Gabby a
Happy Birthday
Jan. 9 Love ya lots
from your father
Henry Richard
(Goodbear)



Happy Birthday
J-Dawg Chiefly
Jan. 8
We just want you to know
you mean the world to us
Only a heart as dear as yours
would give so unselfishly.
The many things you've done,
all the times that you were
there,
Helps us know deep
down inside how much you
really care.
Even though we might
not say it, We appreciate all you
do, So richly blessed is how
we feel
for having you.
Big love from Otis
Brown and family.

Happy Birthday
Roselyn Nolasquez and
Rosemary Armendariz
Jan.22
From your big sister
Carol Standingwater and
the rest of the family!



Happy 23rd Birthday
Llewellyn Jr.
His voice ever confident, firm
and yet fair,
always speaking with patience,
tenderness
and care. The power and might
of his hands was so sure, I
knew there was nothing we
couldn't endure. It's true, a few
others provided insight.
Yet, he laid the foundation that
kept me upright.
He's the grandest
of men to have lived
on this earth, Although he's not
royal by stature or birth. He's a
man of great dignity, honor and
strength.
His merits are noble, and of
admirable length.
He's far greater than all other
men that I know,
He's our mentor, our friend and
our hero.
Big love, from
your family.

WATONGA AT THE 1976 STATE INDIAN SOFTBALL
TOURNAMENT IN OKLAHOMA CITY'S WHEELER PARK.
(COACHED BY EDWARD STARR, JR.)

WITH BEST WISHES FROM WILL T. NELSON

The Watonga Braves at Wheeler Park in Oklahoma City, Okla.
1976 State Indian Softball tournament.

Front row from left to right
Leslie MedicineBear, Mike Tah, Guy Hicks Jr., George Littlehawk, Toby Star, Melvin Shrum
and Edward Starr Sr.

Top row from left to right
Norman Island, Frank Hicks, Donald Littlehawk, Elliot Tasso Jr., Edward Starr Jr., Chubby
Whitebird, Nathan Rednose, Howard Goodbear, Clinton Youngbear.

It's a girl!

Daisy Mignon Prairie Chief
First baby of the year born at Mercy Hospital of El Reno, Okla.
9lbs. 10 oz. Born at 2:37 p.m. on Jan. 2, 2010 to
Daniel Prairie Chief and Natasha Wilborn, along with sisters
Stephanie Wilborn, Tabitha Prairie Chief
and Abigail Prairie Chief.

Happy Holidays and
Happy New Years

To the Richard and
Goodbear families
Love and miss you all
from Henry Richard.
(Goodbear)

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver’s license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: whaag@c-a-tribes.org

**Caseworker IIM
Social Services
Closing Date: Until Filled**
QUALIFICATIONS:
Prefer bachelors degree in social work or related field preferred; or an equivalent combination of education and experience. Require two years of experience in professional related field and supervisory experience. Work flexible hours and willing to work after normal business hours. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver’s license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho preference.
SALARY: Negotiable

**Laborer
Economic Development
Closing Date: Continuous**
QUALIFICATIONS:
Ability to accept immediate employment. Ability to lift a minimum of 75 lbs. Ability and knowledge to operate light weight equipment. Must be physically fit to withstand various types of manual labor. Prefer knowledge of landscaping- planting flowers and shrubs. Must have stable work history, be dependable and conscientious. Must have knowledge in performing general repair duties. Must have painting experience. Must submit to a background check. Must have high school diploma or GED. Must have current driver’s license.
SALARY: Negotiable

**Nutrition Aide
Seasonal
Closing Date:Until Filled**
QUALIFICATIONS:
Knowledge of basic food preparation and sanitation. Ability to work independently with little or no supervision. Ability to communicate effectively with clients and community groups. Ability to write effectively and complete reports in a timely manner. Knowledge of basic computer software. Must be over 18 years of age. Must have high school diploma or equivalence. Must have a valid state driver’s license. Prefer degree in a related field or equivalence of combined health and nutrition experience. Cheyenne and Arapaho preference.
SALARY: Negotiable

**Transit Drivers II
On Call-3 Positions
Closing Date: Until Filled**
QUALIFICATIONS:
Must possess or be willing to attend training programs to gain CPR and CDL certifications. Must pass a pre-employment drug screening process and subject to random drug testing. Must maintain a clean driving record and may be required to provide a Motor Vehicle Report (MVR). Must be able to lift a minimum of 50 lbs. with no physical barriers. Must possess the ability to communicate effectively both orally and written. Must possess high school diploma, possible completion of a commercial driving training program and defensive driving program. Experience may be an acceptable equivalent.
SALARY: Negotiable

**CHR-Temporary
Seiling, Okla. Area
Closing Date: Until filled**
QUALIFICATIONS:
Cheyenne or Arapaho tribal member preferred. Have EMT, medical assistant, CMA, or CNA experience. Have current CPR certification. Valid Oklahoma state driver’s license and be insurable under the tribe’s insurance. Must reside in service area. Must pass a physical and be in good physical condition. Must pass basic CHR training and first responder training within one year. Travel required in duties. Submit program PCC and mileage/maintenance on a weekly basis. Maintain GSA vehicle responsibility. Must pass OSBI background check. Must have minimum of high school diploma or G.E.D. Must have own reliable vehicle and residential telephone. Must be able to work outside of normal working hours as needed. Other duties as assigned.
SALARY: Negotiable

**Assistant Director
R.E.Sp.E.C.T.
Closing Date: Until Filled**
QUALIFICATIONS:
Must possess a high school diploma/GED; AA degree preferred or four years of work experience in related field or its equivalent; must be willing to further education (associates or bachelors degree); must receive and maintain CPR/First Aid Certifications; knowledgeable about the Cheyenne and Arapaho people, communities, traditions, culture and customs; possess a valid Oklahoma Driver’s license; TERO applies (Cheyenne and Arapaho Tribal Preference); and must pass a background check.
SALARY: Negotiable

Association of American Indian Physicians
Job Vacancy: Secretary
Knowledge of administrative and clerical procedures and systems such as word processing, managing files and records, designing forms, and other office procedures and technology.
Knowledge of principles and processing for providing customer and personal services, and evaluation of customer satisfaction. Knowledge of phones, processors, electronic equipment, and computer hardware and software, including applications and programs.
Email resume and three references to Heather Levi at hblevi@aaip.org or for more information call (405) 946-7072.

Association of American Indian Physicians
Job Vacancy:
Diabetes Program Assistant
Bachelor’s degree in health, education, sociology is required.Experience in working with a non-profit organization.Knowledge of Native American programs and organizations. Excellent written and communication skills. Computer experience and knowledge of computer software programs for word processing, presentation, and desktop publishing. Related grant experience and grant writing experience is helpful.
Email resume and three references to Heather Levi at hblevi@aaip.org or for more information call (405) 946-7072.

**Subscribe to the
Cheyenne and Arapaho
Tribal Tribune**
\$35/year
**Call (405) 422-7446 or
(405) 422-7608**



LINE DANCING CLASSES
Thursdays
4 -5 p.m.
Native American Church
Concho, Okla.
Jan. 20, & 27/Feb. 3, 10, 17, & 24
For more information call Deborah Ellis at (405) 422-7674 or Margie Deer at (405) 422-7676.
Sponsored by the Cheyenne and Arapaho Tribes Health Education program.





Hinóno'eítít Arapaho Language
“Word of the Day”
Circle - Koo'einoo'
Pronounced: Gaw-a-naw



TIMOTHY KEITH WILLIAMS
January 9, 1966—December 29, 2010

We would like to thank everyone for the many prayers, contributions, and just for being there during the loss of our late brother Timothy Keith Williams. All your comforting words and acts of kindness were all greatly appreciated. Words cannot express how much it meant to us.

Many Ha-Ho’s, Anna Jean, Kenny Ray, Seger, Gail, Koreen, Karen, Kathy, and Richard Williams



Tony M. Kemp
Dec. 21, 1964-Jan. 7, 2011

Tony Michael Kemp was born on Dec. 21, 1964 to Pearl and Chris Oliver. He was adopted by Mary Kemp Garner.

He attended Clinton High School and graduated in 1983. After finishing school he moved to Tennessee. There he enlisted in the U.S. Army for four years and he returned home and worked for Kellwoods for two years until his illness.

Kemp is survived by his mother, Mary Garner, six sisters, Delores Hadley, Christina Larney, Violet Rutz, Wanda Rauh, Josephine Two Hatchet, and Terri Kemp. Two brothers, Hilbert Oliver and Michael Ford and a host of nieces and nephew.



Courtesy photo

Princess Mykenzee Weese, Erwin Bull and Princess Jordan Weese.

On Dec. 19, 2010 Clinton VFW Post 4465 held a Christmas party furnishing food and gifts for over 120 children up to 15 years old. Children had their picture taken with Santa Clause.

Princess Jordan Weese was elected June 26, 2000 at the age of 10 months old. She is the God-daughter of Moses Starr and Mary Bell Lonebear. Jordan is now 11 years old.

DAV Senior Princess, Mykenzee Weese was elected May 25, 2010 and is 8 years old. She is the God-daughter of Erwin Bull and Bernice Bull.

Both princesses are the daughters of Michael and Brandi Weese of Burns Flat, Okla.

Jordan recently visited Washington, D.C. to pace a wreath on WWII U.S. Marine, Ira Hayes. He was one of the six men who raised the U.S. flag Hiroshima. Hayes was a Native American from Arizona.

The two princesses participate in powwows during the year and the rest of their time is spent with Veterans who served their country and help raise money to help Veterans.

CHEYENNE & ARAPAHOTRIBES

OKLAHOMA
EXECUTIVE BRANCH

JANICE PRAIRIE CHIEF-BOSWELL
GOVERNOR
OFFICE OF THE GOVERNOR
Executive Branch
P.O. Box 38
Concho, OK 73022
Telephone: (405) 422-7743
Fax: (405) 422-8227

PUBLIC NOTICE

ELECTION COMMISSION VACANCIES

ARAPAHODISTRICT 1
CHEYENNE DISTRICT 2
ARAPAHODISTRICT 4

The Constitution requires the Governor to accept letters of interest from qualified tribal members who wish to serve on the election commission. The Constitution also requires that vacancies on the election commission are filled by nomination of the Governor and confirmation by the legislature. Election Commission members must be from their respective districts, and possess a minimum of a high school degree or GED, and cannot have a felony conviction.

Any qualified tribal member who is interested in serving on the election commission, please submit a letter of interest to the Office of the Governor by January 31, 2010 by 5:00 pm. If you have any questions, please do not hesitate to contact the Office of the Governor at 405.422.7743.

Thank you
The family of Rose Wassana would like to say thank you to the friends, co-workers, and relatives for their condolences, cards, flowers, gifts, food and prayers that was sent and provided during our loss of our mother. Truman Wassana, surviving spouse, sons, Reggie, Andy, Craig and Home, daughters Bet Vida, Joyce and grandson Matthew of the home would like to say thank you and God bless everyone for their support in the time of our loss.

**George Hawkins
Memorial
Treatment Center**

10320 North Airport
Road,
Clinton, OK 73601

(580) 331-2370
Toll Free (800)
247-4612 ext. 32370.

Possible Name Change Proposal to the Washita Battlefield National Historic Site
WE NEED YOUR INVOLVEMENT!

Possible Name Change Proposal to the *Washita Battlefield National Historic Site*
A possible proposal to change the name of the *Washita Battlefield National Historic Site* was apart of the discussion in the annual Chiefs' and Headmens' March 2009 meeting in Clinton. Then in 2010, the Office of Planning & Development and the newly established Tribal Historic Preservation Office, along with the collaborative efforts of Culture and Heritage program, provided technical assistance in the planning and coordinating public meetings.
To assist the Chiefs, Headmens and Tribal members in their pursuit, meetings were held in Watonga and Clinton. The following listings were possible names given by various people and the top two listings were the mostly agreed upon names.
We are kindly asking for a few minutes of your time in completing the following survey.
~Thank you~
Suggested Names:
*** Cheyenne Massacre Memorial Site
*** Chief Black Kettle Band Memorial Site
Washita Memorial
Black Kettle Memorial
Massacre of the Washita of Black Kettle Group
Washita Massacre Memorial Site
Washita Memorial Site
Southern Cheyenne Memorial Park
Chief Black Kettle Massacre Park
Southern Cheyenne Massacre Memorial Park
Chief Black Kettle Village Memorial Park
For Further information or concerns please contact the Office of Planning & Development @ 405-422-7620

**Possible Name Change Proposal to the Washita Battlefield National Historic Site**

Please Complete the Following Survey

Please Select One or Write in Your Suggestion:

___ Cheyenne Massacre Memorial Site
___ Chief Black Kettle Band Memorial Site

Submit Your Replies by Mail, Email, or In Person to:
Office of Planning Development
P.O box 38
Red Moon Circle
Concho Ok, 730722
405.422.7620
lgray@c-a-tribes.org
Your Local Community Bldg: Watonga and Seiling
C/A Smoke shops: Clinton, Concho and Watonga


For Further information or concerns please contact the Office of Planning & Development @ 405-422-7620



Photo by Rosemary Stephens

Harvey Monetathchi and Kelsi South accepts a painting from Sammy Lee and his family, Brandi and Euline Sharp at Lucky Star Casino on Jan. 3, 2011.
Pictured l-r: Brandi Sharp, Euline Sharp, Sammy Lee, Harvey Monetathchi and Kelsi South.

Casino promotes Cheyenne and Arapaho artists

By Rosemary Stephens, Editor-in-Chief

On Monday, Jan. 3, 2011 Lucky Star Casino in Clinton, Okla. purchased their eighth painting by Cheyenne and Arapaho tribal artist, Sammy Lee.

Harvey Monetathchi, Lucky Star Casino-Clinton Culture Information Coordinator, believes in supporting and promoting Cheyenne and Arapaho tribal artists.

“We want to display the art of all our

artists in our casinos. We have a lot of gifted and talented artists and each piece has a story ... a story of our history and our traditions,” Monetathchi said.

Other pieces of art displayed at Lucky Star Casino in Clinton are Chester Old Bear, Gordon Yellowman, Amos Beaver, Brent Learned, Frank Sheridan, James Black and Ramona Tall Bear.

Authentic Native American Art
Pottery • Fetishes • Jewelry

A Gallery of Nations

Eleanor Lefthand
www.agalleryofnations.com

TONYS SERAPES

Many Colors Many Styles

(580) 302-4840

CATC

Submitted by the Cheyenne and Arapaho Tribal College

CORNER

The Spring 2011 semester is underway at the Cheyenne and Arapaho Tribal College with the avowed purpose of helping to strengthen the educational journey of the descendents of the people who were the first to love this land. The beloved grandparents who walked with humility and showered the generations with their wisdom, knowledge, and vision of a world characterized by cultural integrity would be proud of and thankful to the staff of the Cheyenne and Arapaho Tribal College for their demonstrated dedication, commitment, support and kindness offered to all those who attend the tribal college.

As two allied tribes, Tsistsistas and Hinónóéí, the people not only love their children but revere their elders, as well. Those younger look to the older generations to pass down their extensive bodies of traditional knowledge to all those who are yet new to this earth. This traditional knowledge was preserved in the minds, spirit, and heart of the people and it is im-

portant to remember is that it was passed down in the languages given to them at the beginning of time. Thus, these languages and the Cheyenne and Arapaho bodies of tribal knowledge form the academic core of the Cheyenne and Arapaho Tribal College (CATC). It was a historic day when the tribal college held its opening ceremonies on August 25, 2006 as a new tribally controlled institution of higher education.

The Cheyenne and Arapaho Tribal College is the Tribes’ national academic sanctuary and the home of traditional tribal knowledge which promotes the strong values that have always guided the hearts and minds of the people and which honors the treasured human gifts the ability to think, to hear, to speak, to feel, and to walk on this good Earth.

The mission of the Cheyenne and Arapaho Tribal College (CATC) is to provide a quality cultural based and academically rigorous general education for tribal and non-tribal citizens. The main focus is upon

traditional tribal knowledge, quality of life and enhancing the status of American Indians in contemporary America.

Education always has been the Tribes’ vision for the younger generations, just as it is the tribal college vision for the youth today. *Tsistsistas and Hinónóéí* linguistic and cultural ways are old and they extend far back to creation itself. Such ways are good today because they were good for our beloved ancestors. They also will be good for those who, too, will come to live on this beautiful land. CATC is a cultural sanc-

tuary that promotes learning, as well as a place that honors the tribal identities of the Cheyenne and Arapaho. Remember that CATC is your tribal college. Explore your possibilities. Come to learn and understand. Develop the potential of your mind. Fulfill your dreams of an education.

The Cheyenne and Arapaho Tribal College staff of four continues to do a lot with very little tribal funding. Its student body continues to increase, it has added a new seminar on American Indian Women, and it continues to reach out

into the community to recruit students. This positive trajectory is partly due to the expert academic leadership provided by Dr. Henrietta Mann, CATC President. She tirelessly strives to provide a mechanism for students to strengthen traditional knowledge in the courses she teaches and in the ones that are offered through the tribal college. She wants a good life for CATC students and through the tribal college hopes they will embrace the educational opportunity and empower themselves for the future.

Cheyenne & Arapaho Tribal College
NEXT RIGHT

Call Now To Get Your FREE Meter And Diabetes Testing Supplies Delivered To Your Home!

- Tired of traveling long distances for your testing supplies?
- Tired of long lines at the pharmacy?
- Let us help manage your diabetes in the comfort of your own home at **low or no cost.**

Indian Diabetic Services Customers Receive:

- No Paperwork
- Free Delivery
- Free Meter
- Confidentiality
- Re-ship Reminders and Quarterly Shipments

Indian Diabetic Services TRUEtest™ Strips are covered by Medicare Part B, most Medicaid, and many commercial insurance plans, including Blue Cross Blue Shield of Oklahoma.

TRUEresult®
Blood Glucose Monitoring System

Advanced Performance Features:

- **NO CODING**
- Tiny, 0.5 microliter sample size
- Results in as fast as 4 seconds

All Diabetics Are Welcome!

Call 1-877-856-9241 to order today!

TRUEresult® | TRUEtest™

indian
DIABETIC SERVICES™
An Indian-Owned Company

NICO-2131 © 10/10 Nipro Diagnostics, Inc. TRUEresult and TRUEtest are trademarks of Nipro Diagnostics, Inc.

continued from page 1



Ella Akeen pictured with seven of her nine children.

She said she did a lot of beadwork beading baby moccasins and pouches that she sold to Indian City, George Mirand and other stores. Akeen said she would make enough money to buy all her kids school clothes and other things they would need.

"I'm not really anyone special, I'm just an old woman and I'm not special ... really I am surprised I am going to be in the paper," Akeen said laughing.



George Akeen, Sr. and Ella Akeen were married 56 years.

According to the Department of Enrollment records, there are 219 tribal elders in this age range. Our goal is to interview as many as possible. It will be a busy New Year!



Luv Bug Giveaway

luv bug
is back!

Win a VW Beetle
Valentine's Day.

February 14, 2011 at CONCHO,
CLINTON and CANTON.

Earn entries starting January 2, 2011
with your **RewardsCard!**



7777 North Hwy 81 • Concho, OK 73022 • 405-262-7612

301 NW. Lake Rd. • Canton, OK 73724 • 580-886-2490

101 N. Indian Hospital Rd. • Clinton, OK 73601 • 580-323-6599

1407 S. Clarence Nash • Watonga, OK 73772 • 580-623-7333

Actual prize may vary from photo. See casino for official rules and details. © 2010 Lucky Star Casino

Lucky Star
CASINO

CONCHO • CLINTON • CANTON • WATONGA
An Enterprise of the Cheyenne and Arapaho Tribes

LuckyStarCasino.org